

**FORCE FITNESS INSTRUCTOR COURSE (FFIC)
COMMAND SCREENING CHECKLIST**

NAME:

RANK:

UNIT:

EDIPI:

PREREQUISITES

COMMENTS

1. Appropriate Grade, Sergeant and above.
No waiver will be accepted for Corporal and below. YES NO

2. Minimum 1 year obligated service upon completion of course.
EAS: _____ YES NO

3. Are there any existing family or financial hardships that would preclude this individual from attending this course? YES NO

4. Possesses appropriate uniform and equipment for this course?
Gear list <https://www.fitness.marines.mil/Force-Fitness-Instructor/> YES NO

5. Marines must run a PFT and CFT **30 days prior** to attending the course and capable of obtaining a 1st Class PFT and CFT upon check-in.
Certified by: (PRINT) _____
Date/Score of PFT: _____
Date/Score of CFT: _____

6. Meets height/weight standards per MCO 6110.3A W/CH-1
Date of Weigh-in: _____
Ht: _____ YES NO
WT: _____
BP (if applicable): _____

Note: Must be stamped and signed by Unit S-3 ****

7. Currently in a full duty status, and have been in a full duty status for at least **six months prior** to course convene date. YES NO
Medical provider name: _____
Date of physical: _____
Medical provider billet: _____
Medical provider signature: _____

Note: Must be signed and stamped by a medical officer, civilian health Provider, Nurse practitioner, or IDC.

Command Recommendations

I certify that SNM possesses superb physical fitness attributes but even more importantly, possesses the maturity, commitment, and leadership qualities needed to inspire and sustain the cultural change that underlines our commitment to total fitness. All information provided on this checklist is accurate.

SERGEANT MAJOR

L. Name, First (PRINT)

Signature

Date

COMMANDING OFFICER

L. Name, First (PRINT)

Signature

Date